

**LACDMH PRESENTS 16<sup>th</sup> ANNUAL HOPE & RECOVERY CONFERENCE**  
**By Karen Zarsadiaz-Ige, LACDMH Public Information Officer**



On Wednesday, June 24, 2015, the Los Angeles County Department of Mental Health (LACDMH) hosted the 16<sup>th</sup> annual Hope & Recovery Conference (in English) at the Cathedral Plaza in downtown Los Angeles.

The all-day conference, *Hope in Recovery, Empowering Our Lives: Each One – Teach One*, was free to clients, family members and caregivers. More than 500 people registered for the event with several walk-ins on the day of the conference.



Workshops at this year's event included topics on suicide prevention, mindfulness, Emotional CPR, client rights and more.

The conference's masters of ceremony were Reba Stevens and Charles Miller. Commissioners Sharon Lyle and Hector Ramirez provided opening remarks. They were followed by the reading of a poem, "Inner Thoughts", by Miss Wendy.



Dr. Christina Ghaly, Director of Health Care Integration, took part in a Q&A session with conference attendees. Later, keynote speaker Bruce Wheatley, President/CEO of Inner City Industry, took to the podium with his presentation, *Each One, Teach One: Strengthening the System of Care*.

After the keynote, Catherine Clay led everyone in a fun, lively group dance of the Cupid Shuffle. She was followed by a short Q&A session with the Cultural Competency Committee/UREP. The rest of the day included workshops, spoken word by Jacques Alexander, a personal story by Alesia Darden and a performance from Emily Wu Truong.



This year's exhibitors and booths included: AltaMed, Asian Coalition, California Black Women's Health Project, Countywide Employment & Education, Department of Rehabilitation – Van Nuys Office, Each Mind Matters, Hacienda of Hope, Helpline Youth Counseling, Latino Coalition, Los Angeles County Client Coalition (LACCC), Los

Angeles County Department of Health Services – Women’s Health Programs & Innovation, LACDMH, Mental Health Advocacy Services (MHAS), NAMI, NAPAFASA, No Silence Alliance, Options for Recovery LA – BioMed, Peer to Peer Empowerment, Portals – Pacific Clinics, Project Return Peer Support Network (PRPSN), Westside Center for Independent Living (WCIL), and Women’s Re-Integration.

